

BEGINNING WEAVING CLASS with MPRD

OCTOBER 1, 8, 15, 29 & NOVEMBER 5, 12, 19 AT 1:30 PM Learn the basics of weaving on a rigid or single harness loom. Equipment & supplies furnished. Taught by Marlane Sewell.

AFTERNOON DANCE WITH SNAPPY PAPPY

OCTOBER 4 • 1:00 PM *Please see the front page of the newsletter for more information.*

BEGINNING COMPUTER CLASS

OCTOBER 4, 6, 11, 13, 18, 20 • 1:30 PM

This is a great class for learning the necessary basics of the computer, whether you're a beginner or would like a refresher course. The class fee is \$20 and there is a limit of 12.

BEGINNING CROCHET CLASS

OCTOBER 4, 11, 18, 25 & NOVEMBER 1, 8, 15, 22 & 29 AT 2:00 PM Taught by Bob Cooper this nine-week course will teach you how to crochet. Be sure to get a supply list.

INTERMEDIATE COMPUTER CLASS

OCTOBER 5, 7, 12, 14, 19 & 21 FROM 9:00-11:00 AM Continue your computer education with this great class taught by Phil Lantz. For those students who have already completed the **Beginning class**. Limit 12. Fee \$20.

BEGINNING LINE DANCE CLASS

This class meets on Tuesdays in October and November at 1:00 p.m. This class is offered only once a year for those who want to learn the basics of line dancing. If you want to start scootin' your boots and join the Intermediate class next year make sure to sign up for this great class taught by Homer German.

SPANISH I: BEGINNING SPANISH CLASS

Starts Wednesday, October 6 at 1:00 p.m. Taught by Cindy Borzick who makes learning interesting and fun! This is a continuing class that meets every Wednesday from 1:00-2:15 p.m. The cost for the class is \$15 per month (which reserves your right to attend the class, no refunds will be given for missed classes). Another new beginning class will not start until this class of students is ready to move up to the more advanced class.

WATERCOLOR CLASS

FRIDAY, OCTOBER 8 & 22 • 9:00 AM-12:00 N This is a three-hour class with Master Watercolorist Tommy Ellis, who specializes in wild-life and landscape images. A list will be provided at sign up for supplies to purchase or bring your own if you have them. The cost is \$20 each class with a class limit of 12.

COFFEE BREAK WITH NOD

OCTOBER 13 • 9:30 AM Presented by Sabrina Togerson, LMT with the Murfreesboro Medical Clinic Health Spa. The presentation will be on "The Health Benefits of Massage Therapy." Snacks will be served.

MORNING CHAT WITH AN OFFICER

OCTOBER 14 AT 9:00 A.M. join the MPD's Sgt. Cunningham as he discusses Halloween Safety: Protecting the Children. You may bring an adult guest. Co-sponsored by Sun-

nington Assisted Living.

HEALTHY EATING, HEALTHY LIVING

OCTOBER 15 • 1:00 PM As we get into the colder months, most of us tend to get a little slack with our exercise routine and turn to those comfort foods that can really pack on the pounds. The topic will be how to jazz up a "tired" exercise program, as well as keep our diets under control. Refreshments served.

FISH FRY & CARD PARTY WITH MPRD

OCTOBER 15 • 5:30 PM Yummy fish and hush puppies provided by MPRD. Bring a side, salad or dessert plus your game face for an evening of fun! Limit 100.

COUNTRY WESTERN DANCE

OCTOBER 16 & 23 • 1:30 PM Learn the Texas Two-Step in October and a new dance every month. Starting in November the class meets on the 2nd and 3rd Saturday of every month. Schedule of dances available. Taught by Jolivet. Payment must be received by Friday, October 15 to start the class on the 16th.

SENIOR CRAFTING WITH MPRD JOIN MARLANE ON OCTOBER 18 AT 1:00 PM to make Halloween Shrink Art. Make charms for necklaces, bracelets or earrings. Bring drawings or clip art for things you would like to make.

BREAST CANCER AWARENESS LUNCHEON

OCTOBER 20 • 11:30 AM Join us as we learn how to take care of ourselves after breast cancer diagnosis and treatment. Our speaker will be Melanie Cavender, YMCA Coordinator of the "After Breast Cancer Program." Limit 45.

BOB ROSS PAINTING

Join instructor, Liz Farar, on Wednesday, October 20 to paint "A Winter Scene," October 27 for "Wolves at Night," and November 10 for "The Old Homestead." Limit is 12 and the fee is \$20 per class. Meets at 9:00 a.m.

FALL CARNIVAL AT BARFIELD PARK WITH THE SENIOR CENTER, MPRD AND MCHRA OCTOBER 21 • 11:00 AM This is our "Day in the Park!" Join us for a fun day of games and food! Be sure to sign up to reserve your spot and get a lunch! Limit 100. Deadline 10/13.

MEDICARE FAIR/LUNCH & LEARN

OCTOBER 21 • 11:30 AM *Please see article on front page for more information.* Please note that this month's Lunch & Learn program is in conjunction with the Medicare Fair.

ST. CLAIR CHICKS LUNCH & BUNCO

OCTOBER 26 • 11:00 AM Meet at B. McNeel's for lunch at 11:30 a.m. followed by Bunco at the Center at 12:30 p.m. Bring money for lunch.

BEHIND THE SCENES: OCTOBER 28 • 2:00 PM Help us make favors and decorate for the Halloween Party. FUN!

"OUT OF THIS WORLD" HALLOWEEN SPOOKTACULAR OCTOBER 29 • 9:00-11:00 AM *Please see article on front page for more information.*

BEGINNING TAP DANCE CLASS

NOVEMBER 1, 8, 15, 22 & 29 DECEMBER 6 & 13 • 10:30-11:30 AM This class is for those who want to learn how to tap dance. Open to beginners and those who took the last class. The cost is \$25 for 7 lessons. Limit 15.

BEGINNING COMPUTER CLASS: NOVEMBER 1, 3, 8, 10, 15, 17 • 1:30 PM *Please see October class description.*

INTERNET COMPUTER CLASS: NOVEMBER 2, 4, 9, 16, 18, 23 • 9:00 AM This class is for those who want to learn what the Internet is, how to research, Internet security and safety and much more! **Please note that this class is for those who have some computer experience.** Limit 12. Fee is \$20 for six classes.

WELLNESS SEMINARS: NOVEMBER 2, 9 & 16 • 1:30 PM *Please see article on inside page of newsletter for more information.*

AARP SAFE DRIVING CLASS: NOVEMBER 3 & 4 • 8:30 AM *Please see article on inside page of newsletter for more information.*

SENIOR CRAFTING WITH MPRD: JOIN MARLANE ON NOVEMBER 8 AT 1:00 PM to make Christmas Tree earrings. Bring green sequins of any size and learn to make tree earrings. Limit 15.

SALUTE TO VETERANS BRUNCH: NOVEMBER 9 • 9:00 AM *Please see article on inside page of newsletter for more information.*

QIGONG SEMINAR: NOVEMBER 17 • 1:30 PM *Please see article on inside page of newsletter for more information.*

EVENING POTLUCK & BINGO WITH MPRD NOVEMBER 18 • 5:30 PM *Please see article on inside page of newsletter*

THANKSGIVING POTLUCK

NOVEMBER 22 • 11:30 AM *Please see article on inside page of newsletter*

ONGOING CLASSES

YOGA CLASS: Mondays, Wednesdays and Fridays each month from 9:15-10:15 a.m. Class fee is \$10 per month.

SIGN LANGUAGE CLASS with instructor, Wallace Jones. This class meets every Monday at 12:30.

CERAMICS WITH JO ANN: Join Jo Ann Shreve on Wednesday afternoons from 1:00-3:30 p.m. for a fun class! Price is based on the piece you want to make and paid the day you start the piece.

BEAD BUDDIES & LOOMY BIRDS WITH MPRD Bring glass beads, any wire items and tools you have. Join in for a productive, crafty afternoon. Rug makers bring your stuff and join us too!

INTERMEDIATE LINE DANCE: Enjoy line dancing with Homer German. Cost is \$5 per person per quarter. October, November and December fee due now to join the class.

STAINED GLASS WITH FIONA: Class meets on Thursdays from 9:00 a.m.-12:00 noon with instructor, Fiona Dowd. The \$30 fee for September covers all supplies and instruction. Newcomers welcome. No experience needed.

NAME: _____

PHONE # _____

OCTOBER 2010 • CLASSES & EVENTS

Sign-up day: Friday, October 1

DATE	TIME	CLASSES & EVENTS	LIMIT	DEADLINE	DONATION
FRI's in OCT/NOV	1:30-4:00 p.m.	NEW! BEGINNING WEAVING WITH MPRD	6	-	-
MON 10/4	1:00-3:30 p.m.	AFTERNOON DANCE WITH "SNAPPY PAPPY"	120	-	DonationsAccepted
MON & WED in OCT begins 4 th	1:30-3:30 p.m.	BEGINNING COMPUTER CLASS INSTRUCTOR: TERRY ZUMBRO	12	-	\$20.00
MON's in OCT/NOV	2:00-4:00 p.m.	NEW! BEGINNING CROCHET CLASS WITH BOB COOPER	5	-	-
TUE & THUR in OCT begins 5 nd	9:00-11:00 a.m.	INTERMEDIATE COMPUTER CLASS INSTRUCTOR: PHIL LANTZ	12	-	\$20.00
TUE's OCT/NOV	1:00-2:00 p.m.	BEGINNING LINE DANCE CLASS	-	-	\$5.00
Begins 10/6	1:00-2:15 p.m.	SPANISH I: BEGINNING SPANISH CLASS	-	-	\$15.00/month
FRI 10/8 & 10/22	9:00 a.m.-12:00 n	NEW! WATERCOLOR CLASS	12 each	-	\$20.00 each class
WED 10/13	9:30-10:30 a.m.	NEW! COFFEE BREAK WITH NOD	-	-	-
THUR 10/14	9:00-10:30 a.m.	NEW! MORNING CHAT WITH AN OFFICER	-	-	-
FRI 10/15	1:00-2:00 p.m.	NEW! HEALTHY EATING, HEALTHY LIVING	-	-	-
FRI 10/15	5:30-9:30 p.m.	FISH FRY & CARD PARTY WITH MPRD	100	-	Food Item
10/16 & 23	1:30-3:30 p.m.	NEW! COUNTRY WESTERN DANCE	16	-	\$8.00/month
MON 10/18	1:00-4:00 p.m.	SENIOR CRAFTING WITH MARLANE & MPRD	12	-	-
WED 10/20, 27 & 11/10	9:00-11:00 a.m.	NEW! BOB ROSS PAINTING CLASSES: SEE DESCRIPTION	12 each	-	\$20.00 each class
WED 10/20	11:30 a.m.-1:00 p.m.	BREAST CANCER AWARENESS LUNCHEON	45	-	-
THUR 10/21	11:00 a.m.-2:00 p.m.	NEW! FALL CARNIVAL @ BARFIELD PARK WITH SCSSC, MPRD & MCHRA	100	10/13/10	-
THUR 10/21	11:30 a.m.-2:00 p.m.	NEW! MEDICARE FAIR/LUNCH & LEARN	130	-	-
TUE 10/26	11:30 a.m.	NEW! ST. CLAIR CHICKS MEET AT B. MCNEEL'S	-	10/21/10	Bring \$ for lunch.
THUR 10/28	2:00 p.m.	NEW! BEHIND THE SCENES: HALLOWEEN	6	-	-
FRI 10/29	9:00-11:00 a.m.	NEW! "OUT OF THIS WORLD" HALLOWEEN SPOOKTACULAR	125	10/22/10	-
Mon's Nov/Dec	10:30-11:30 a.m.	NEW! BEGINNING TAP DANCE LESSONS-7 CLASSES	15	-	\$25.00
MON & WED in NOV begins 1 st	1:30-3:30 p.m.	NEW! BEGINNING COMPUTER CLASS INSTRUCTOR: TERRY ZUMBRO	12	-	\$20.00
TUE & THUR in NOV begins 2 nd	9:00-11:00 a.m.	NEW! THE INTERNET COMPUTER CLASS INSTRUCTOR: PHIL LANTZ	12	-	\$20.00
TUE 11/2, 9 & 16	1:30-2:30 p.m.	NEW! WELLNESS SEMINARS WITH MPRD	30	-	-
WED 11/3 & THUR 11/4	8:30 a.m. 12:30 p.m.	NEW! AARP SAFE DRIVING CLASS PAT PROSSER MERZ, INSTRUCTOR	25	-	\$12 AARP Members \$14 Nonmembers
MON 11/8	1:00-4:00 p.m.	NEW! SENIOR CRAFTING WITH MARLANE & MPRD	15	-	-
TUE 11/9	9:00-11:00 a.m.	NEW! SALUTE TO VETERANS PROGRAM	100	11/1/10	Breakfast Item
WED 11/17	1:30-3:00 p.m.	NEW! QIGONG SEMINAR	40	-	-
THUR 11/18	5:30-8:00 p.m.	NEW! EVENING POTLUCK & BINGO WITH MPRD	100	11/12/10	Food Item & Prize
MON 11/22	11:30 a.m.-1:30 p.m.	NEW! THANKSGIVING POTLUCK	130	11/15/10	Potluck Food Item
DATE	TIME	ONGOING CLASSES	LIMIT	DEADLINE	DONATION
MWF in OCT	9:15-10:15 a.m.	YOGA CLASS	-	-	\$10.00/mo.
MON's in OCT	12:30-1:30 p.m.	SIGN LANGUAGE CLASS	-	-	-
WED's in OCT	1:00-3:30 p.m.	CERAMICS WITH JO ANN	-	-	Varies by piece.
WED's in OCT	1:30-3:30 p.m.	BEAD BUDDIES & LOOMY BIRDS WITH MPRD	-	-	-
THUR's in OCT	9:00 a.m.-12:00 noon	STAINED GLASS WITH FIONA	-	-	\$30/mo.
October 5 & 19	2:00-3:00 p.m.	INTERMEDIATE LINE DANCE	-	-	\$5.00/quarter